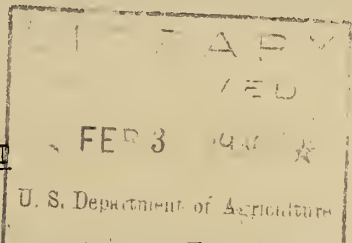


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COOKING MEATS ACCORDING TO THE CUT



A radio talk by Miss Ruth Van Deman and Lucy Alexander, Bureau of Home Economics, delivered through Station WRC and 32 other stations associated with the National Broadcasting Company, Friday, January 17, 1930.

MISS VAN DEMAN:

"How do you do, Homemakers!

"Every day I see the letters you write to the Bureau of Home Economics here in Washington, and I feel very much acquainted with many of you. And let me say right here and now, we are very glad to have you write us, even though sometimes you ask us questions we can't answer.

"Lately, you have fairly showered us with questions about cooking meats. We especially welcome these letters. because the Department of Agriculture is studying the science of meat cookery in a very extensive and intensive way, and we want you to have full benefit of all this research.

"So today Miss Lucy Alexander has come with me to answer some of your questions first hand. If she isn't qualified to talk about cooking meats, I don't know who is. During the last four years, Miss Alexander has roasted 1600 legs of lambs, 600 rib roasts of beef, and over 200 fresh hams. Sounds as though she were competing for a world record, doesn't it? Also, what may seem even more surprising, each one of these meats was roasted to just the same stage of doneness. Every beef roast was rare. Every piece of pork was well done. Every leg of lamb was cooked just so much and no more. How did she manage it? Well, for one thing, there was a thermometer in every piece of meat as it cooked. Then there was another thermometer in the oven, and the cooking method was standardized in every possible way.

"Along with this strictly scientific cooking, Miss Alexander has also found time to work up household recipes for beef, and lamb, and pork, and to study the best way of cooking different cuts. Here's a good question for her about beef, right on top of the pile. It comes from the mother of four husky school children, with appetites that reach to their boots. She asks: "Can you tell me how best to cook round steak? Should it be fried, or broiled, or how do you advise cooking round steak?" Miss Alexander, what is your method?"

MISS ALEXANDER:

"You are right, Miss Van Deman, that is a good question. Everybody likes round steak, when properly cooked, because it has such fine flavor. But not everybody seems to know the art, simple as it is. Round steak is one of the less tender cuts of beef. It needs long, slow cooking, just the opposite of frying or broiling. The best way of all, to cook round of beef, I think, is to make Swiss steak. Have a slice of round cut at least 2 inches thick...."

"But Miss Alexander, wouldn't a round steak cut 2 or more inches thick weigh more than enough for an average family?"

"Yes, it would. But many butchers divide beef round, into what they call top and bottom, and you can buy either portion. A slice 2 to 3 inches thick,

MISS ALEXANDER:

from neither the top or the bottom round, will weigh about the right amount for a family. Watch this point, in buying round of beef, for Swiss steak.

"Pound into this thick slice of round, a generous quantity of flour, well seasoned with salt and pepper. Then brown the meat well, in hot beef fat, in a heavy skillet, or a Dutch oven. Add enough canned tomatoes, or hot water, to cover the meat. Put on a lid, and simmer over a low fire. In about 2 hours, the meat will be tender enough to cut with a fork. And there will be lots of rich gravy, to serve with baked potatoes."

"Certainly sounds good, Miss Alexander. Hot and savory, and sure to stick to the ribs, these cold winter days. Would you cook pot roasts, and other less tender cuts, the same way?"

"Yes. Brown the less tender cuts first, to give that savory flavor, which everyone associates with well-cooked meat. Then add a little water. Cover. And cook at very moderate heat, until the meat is tender."

"Now, here's a bride, who asks how to cook porterhouse to a turn. Steak for two, and not much time in the kitchen, is her idea. Would you cook porterhouse as you did round steak, Miss Alexander?"

"No, indeed! Porterhouse is one of the choicest, of the tender cuts of beef. My favorite way is to broil porterhouse, over hot coals, or under a gas flame, or in an electric grill. When I haven't one of these direct broilers, I pan-broil porterhouse. And if the steak is very thick, I finish it in the oven. Sprinkle on the salt and pepper, when the steak is done, just as you slip it onto a hot platter, to serve. Also be sure to have porterhouse steak cut about 1½ inches thick, that is, of course, for everybody who likes a juicy steak...."

"Rather hard to find anyone, who does not enjoy thick juicy steak, isn't it? And as for a slice of tender, juicy, roast beef, tell us your secret, Miss Alexander, with rib roasts."

"Rib roast, is another tender cut. All it needs, is to be placed, fat side up, in an open pan, browned quickly in a very hot oven, then finished at moderate heat. If you have a meat thermometer stuck in the eye of the roast as it cooks, you can tell exactly, when the meat at the center becomes rare, medium, and well done. No more guesswork, when you use a meat thermometer, and just as practical for the home kitchen as the laboratory....."

"What about this meat thermometer, for hams, and large roasts of fresh pork, Miss Alexander? I have any number of questions here about cooking pork. So many farm homemakers have home-slaughtered pork to cook these days. And it seems to be pork weather, too, for people in town."

"Yes. With the roast meat thermometer, you can tell exactly when the meat is well-done to the center- an important thing, of course, in cooking pork. Pork, as you know, is usually from young animals, and practically all the cuts are tender. Hams, shoulders, and loins, with their thick covering of fat, need

only be placed on a rack, in an open pan, with no water added, and roasted at moderate temperature. The fat trickles down, and bastes the lean. It is the easiest possible way of cooking meat."

"What about pork chops? Do you cook them like tender beef steak, Miss Alexander?"

"No, not exactly. Pork chops are tender meat, but they are generally cut rather thin. If cooked exactly like tender steak, pork chops are hard and dry, by the time the meat is thoroughly done. To keep pork chops juicy, and yet cook them thoroughly, brown them in a heavy skillet, then cover them closely with a lid, and finish slowly at very moderate heat. Or, have pork chops cut thick, and make a pocket in each. Brown the chops in hot fat, and fill with savory stuffing. Skewer with toothpicks, and finish the chops in a casserole, with half a tart apple on top of each. Some people call these pocket-book pork chops."

"Another stuffed pork cut, which has made a great hit, is boned shoulder of fresh pork. Savory stuffing and meat, are combined in a most appetizing way. And stuffed shoulder is as easy to carve as a loaf of bread. And for slicing cold, stuffed pork shoulder, is one of the most attractive meats I know. If you want something very festive, try dried apricot stuffing, with fresh pork."

"Seems to me I have heard too, Miss Alexander, about your boned stuffed shoulder of lamb. Perhaps another time, you can answer questions about cooking lamb cuts."

"As I said before, you homemakers can't write us too many letters about meat cookery. We have recipes for beef, and pork, and lamb, all ready in the form of leaflets to send you. Just mail your request, for these meat leaflets, to the Bureau of Home Economics, United States Department of Agriculture, here in Washington,"

